

Come, and rest a while... Matthew 11:28

Body Prayer and Guided Meditation with God's Word

We are essentially rhythmic creatures...

So life needs rhythm and balance if it is to be consistently good and not drain from us the precious possibility of being or becoming our whole selves.

...Esther de Waal – Seeking God

A Weekly Hour:

Offering an opportunity to:

- Nurture your creative self in a holistic way*
- Expand your spiritual life by inviting even your body to experience the power of prayer*
- let go into the experience of the sacred with in and around you...
... in all of creation*

Through:

The Word...

Music/art

Body Movement

Ritual

When: *Fridays, Noon to 1 pm – Beginning Feb. 6, 1998*

Where: *Annex Z (SGW), 2090 Mackay, Room 105*

For more Information:

Michelina Bertone, S.S.A. – 848-3591

*The Word of God is alive and active it discovers
the desires and thoughts of our hearts.* Hebrews 4:12